



CADDO NATION

Na'-a-wih Ta'-sha

NEWSLETTER

Volume 6

(July - Sept. 2012)

Issue 3

CADDO ELDERS TRAVEL TO THE LAND OF ENCHANTMENT

Friday, September 14, 2012 doesn't sound like a very special date to a lot of people, but to the Caddo Nation Administration on Aging (AOA) Program, and some of the Caddo Nation elders, it meant the beginning of a long journey. This was the day that they packed their bags and went on a road trip to Albuquerque, NM to attend the National Indian Council on Aging (NICOA) 19th Biennial Conference - Aging in Indian Country: Embracing the Past and Facing the Future.

The NICOA Conference was held from September 15-18, 2012 at the Albuquerque Convention Center. It consisted of many beneficial breakout sessions from Geriatric Mental Health & Anxiety to Housing Initiatives for Elders to Tai Chi for Elder Fitness.

Established in 1976, The National Indian Council On Aging, Inc. is a 501(c)(3) non-profit. NICOA's mission is to advocate for improved



NICOA Conference Attendees, pictured back row l-r: Debbie Hamilton, Marilyn Threlkeld, Kenny Poindexter, Marjorie Botone, Carol Swindell; front row l-r: Madeline Hamilton, Guyneth Cardwell, Anna Donaghey, Lucy Wabaunasee and Lyman Kionute. (Not pictured: AOA Director, Jackie Meeks)

comprehensive health, social services and economic well being.

NICOA is governed by a 13-member board of directors composed of American Indian and Alaska Native (AI/AN) Elders representing each of the 12 Bureau of Indian Affairs regions, and a representative of the National Association of Title VI Grantees.

For over 35 years, the organization has provided service as the nation's foremost advocate for AI/AN Elders. NICOA's objectives include:

- Enhance communications and cooperation with community service providers and other aging organizations

that represent and advocate for AI/AN Elders.

- Provide information and technical assistance to AI/AN communities to

(See Elders on pg. 2)

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Lyman Kionute being recognized as a military veteran.

IN THE NEWS

Elders

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improve health care, social services and the economic well being of AI/AN Elders.

- Network with appropriate agencies to maximize resources, and increase the efficiency and effectiveness of the service deliver systems for Elders.

- Provide information, recommendations, reports and expert testimony requested by Tribal Nations and the US Congress.

- Provide a clearinghouse for information on issues affecting AI/AN Elders.

The Caddo Nation AOA Program,



along with help from our elder tribal members and other interested parties, have different types of fund-raisers to be able to take our Caddo senior citizens to different events around the state of Oklahoma, and to the NICOA Conferences.

Through the years, many of our Caddo elders have attended the NICOA Conferences and have met other elders from tribes from across the nation, some of whom attended Riverside Indian School, Chilocco Indian School or Ft. Sill Indian School here in Oklahoma.

The NICOA Conferences have been held in such places as Phoenix, AZ, Billings, MT, Reno, NV, Tulsa, OK, Nashville, TN, Green Bay, WI, Spokane, WA, Bismarck, ND, Duluth, MN, Milwaukee, WI, Tacoma, WA and Acme, MI. Places where many of our elders had never been before, places they might not have been able to go to on their own, places where they may never physically go again, memories that will take them on many journeys.



Caddo tribal elders at the round table- One of the meals provided at the conference.



Caddo tribal elders take a meal break on the drive to the NICOA Conference in Albuquerque, NM.



Caddo AOA Director, Jackie Meeks is pictured here with Bill Toledo. Mr. Toledo was a Navajo Code Talker for three years from October 1942 to October 1945. He served in many engagements including the Battle of Bougainville in the British Solomon Islands, and the battles for Guam and Iwo Jima. On the island

of Guam, while filling in as a messenger, he narrowly escaped sniper bullets by means of some quick footwork. Impressed by his moves, some of the Marines jokingly asked about his football career before the war. Not all Marines were so jovial, though. On one occasion, while marching through the jungle, he was mistaken for a Japanese soldier and taken prisoner. After being marched back to headquarters at gunpoint, he was assigned a bodyguard to avoid future misunderstandings. Although the danger is gone, he still gets calls to this day making sure he's okay. Bill Toledo feels it is important share experiences like his with new generations so that they may understand the cost of freedom and the sacrifices which were made on their behalf.

NOTICE:

The Caddo Nation
Tribal
Enrollment
Office is
CLOSED
EVERY
WEDNESDAY!!

We apologize
for any
inconveniences.

Thank
You

IN THE NEWS

CADDO CULTURE CLUB ACTIVITIES

The Caddo Culture Club Benefit Dance - "Honoring our veterans" was held on September 08, 2012, and as always, it's good to see familiar faces, particularly those that haven't been seen around the area in awhile. The event was held in the Caddo Nation Cultural Building.

J.T. Goombi served as the Master of Ceremonies, Special Guests included SSG Louise Smith (who was unable to attend due to training) and 2012-13 Caddo Tribal Princess-Alaina Poole, Host Drum was the Caddo Cul-

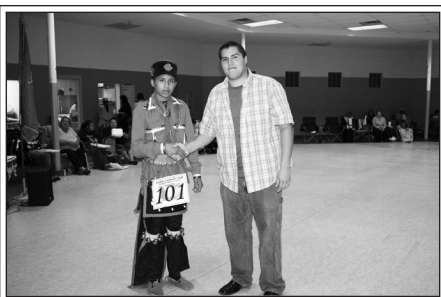
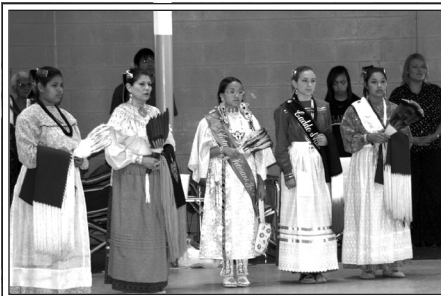
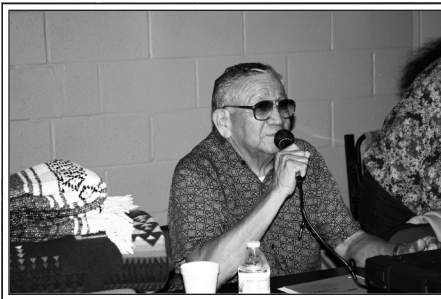
ture Club, Invited Drum-Ernest "Iron" Toppah



The dance began with the posting of colors by the Kiowa Black Leggings

Society. In all of the years that the Caddo people have been in this area, and have hosted powwows and social dances, this dance was the first time that this group had posted the colors in honor of the Caddo veterans. The Ton-Kon-Gah, Black Leggings Society, was established generations ago to honor those who make the sacrifice to be warriors, and those who make the ultimate sacrifice, and to make sure that they are always remembered.

(See Culture Club on pg. 9)



FREE Nike Air Native Tempo+ N7 Shoes Available to tribal members nationwide!

Eligibility Guidelines

- Someone in your immediate family has diabetes
- You weigh more than you should
- You had diabetes when you were pregnant
- You had a baby that weighed over 9 pounds at birth
- A doctor or nurse has said that you have pre-diabetes or "borderline diabetes"
- Enrolled Native American

Contact Bonnie Stephenson or Carol Wheeler at (405) 656-2882, or visit the tribal website at www.caddonation-nsn.gov to download an application.

IN THE NEWS

HEADSTART HONORS 9/11

On the morning of September 11, 2012, the Caddo Nation Headstart Program, along with community members and tribal staff, held a flag-raising and balloon release to honor the more than 3,000 people who were killed during the attacks in New York City and Washington, D.C., including more than 400 police officers and firefighters.

On September 11, 2001, four airliners were hijacked, and two of the planes were flown into the towers of the World Trade Center in New York City, a third plane hit the Pentagon just outside Washington, D.C., and the fourth plane crashed in a field in Pennsylvania.

Tina Soto, Headstart Director, invited everyone to attend, and coordinated the flag raising with headstart children from the different Caddo Nation Headstart centers saying the

"Pledge of Allegiance". After the activities, a wonderful meal was served to all those present.

Mrs. Soto would like to see this become an annual event.



Caddo Exhibit

Hasinai: This Is Home



Pottery by Jeri Redcorn

Showing from

August 10th - November 5th, 2012
Tues - Fri • 10am-5pm & Sat • 1pm-5pm

at the

Jacobson House
Native Art and Cultural Center

609 Chautauqua Ave.

Norman, OK 73069

(405) 366-1667

jacobsonhouse@gmail.com

www.jacobsonhouse.com



PROGRAM UPDATES

ANADARKO CLINIC RE-OPENS

Pictured below, the new Anadarko Indian Health Center Facility
(Courtesy of Lawton Service Unit Newsletter, Vol 1, No. 7)



RADIOLOGY SERVICES AT ANADARKO IHC

Radiology Services began at the Anadarko Indian Health Service on August 29, 2012. The clinic has installed state of the art Carestream DRX Evolution wireless digital radiology equipment. This equipment provides instantaneous digital images for the health care provider to review.

Radiology services will be available at Anadarko on Wednesdays and Thursdays from 9:00am to 4:00 pm.

D.U.I. SCHOOL

Alcohol Training & Education, Inc.
A Non-Profit Organization

▪ ADSAC
▪ State Certified
For Court or License Reinstatement
DUI, DWI, APC, DUID and Drug Arrests

IHS DIRECTOR VISITS LIH



The IHS Director, Dr. Roubideaux, visited the LIH on August 30, 2012. She toured the facility and met with the tribal leaders. Pictured r-l: Lori Gooday Ware-Ft. Sill Apache, Amber Toppah-Kiowa, Brenda Edwards-Caddo, Jeff Haozous-Ft. Sill Apache, Dr. Roubideaux, CJ Watkins-Delaware, Howard Roach, Lupe Gooday-Ft. Sill Apache, Wallace Coffey-Comanche. (Courtesy of Lawton Service Unit Newsletter, Vol. 1, No. 7)

Binger

10-Hour Classes-----

October 19, 20 & 21

Fri. 6:00-9:30pm, Sat. & Sun, 9:00am-12:30pm

Class Location: *Caddo Nation Cultural Building,
Intersection of Highway 152 and 281*

Chickasha

***Assessments also available**

10-Hour Classes-----

October 19, 20 & 21 OR November 16, 17 & 18

Fri. 6:00-9:30pm, Sat. & Sun, 8:30am-12:00pm

24-Hour Classes-----

Every Mon/Wed 5:30pm-7:30pm

Class Location: *AT&E Office- 301 S. 2nd Street*

- **Walk-ins Welcome** - If arrested after July 1, 2003, may need an assessment before attending a course.
- **State Set Fees:** \$150.00-10 hour, \$360-24 hour & \$160/\$175-Assessments
- **Payment Method:** Cash, Money Order, Visa, MasterCard

**Call: 222-2311
Or 1-800-522-9050**



www.okduischool.com

IN THE NEWS

INTRODUCTION OF NEW TRIBAL MEMBERS

We want to introduce our fraternal twin boys who became Caddo members recently. They were born on December 23, 2010.

Michael Cash Irvine (we call him Cash, after his Uncle Clarence Edward Sargent) was the first born at 3:31pm, 5 lbs, 4 oz., 17 inches. Dylan Ewing Irvine was born a minute later at 3:32pm, 5 lbs, 11 oz, 18 inches. Both boys now are 30 lbs and 34 inches tall and at the 95th percentile of growth. They are the great-great-grandchildren of Michael Williams, and the great-grandchildren of Ettie Mae Williams-Sargent-Mullins.

As their mother, I am the grandchild of Ettie Mae Sargent. I am also a clinical psychologist and was an Indian Health Scholar recipient for 1/3 of my doctorate. I did a specialty Native Behavioral Health residency at Phoenix Indian Center, and then between my payback obligation and other contracts served Urban and Tribal mental health in and around Phoenix for 7 years from 2002-summer of 2008.

We were recruited to New Orleans, LA after being recruited by Tulane University Medical School to help repopulate the doctors and mental health workers after Katrina partially because of my work organizing tribal clinics in AZ.

Presently, with twins, I am satisfied being the mother of Cash and Dylan! They have had swimming lessons already and can swim with their trainer vests; like to play the harmonica, dance, and climb.

If anyone out in Caddo land makes traditional regalia or gear, we would give measurements to have them made. The Adai Caddo have an October powwow in Robeline and we are hoping to attend this year or next when the boys are ready.

Another request is if there are any Mike Williams descendants out there

who are relatives to us, please let us know by emailing to drirvine@drkel.net.

We went through Binger in 2008 and my grandmother took me on summers in the 70s but otherwise, most experience has been with Apache, Navajo, and Hopi from working in the west, after training at Northwestern in Chicago (where I also participated in that urban Native center). Here is a photo of me with our new tribal members!



DAYLIGHT SAVING TIME (UNITED STATES) ENDS SUNDAY, NOVEMBER 4, 2012, 2:00AM. (EXCEPT ARIZONA AND HAWAII) BE SURE TO MOVE THE TIME ON THE CLOCK BACK 1 HOUR!

ATTENTION CADDO TRIBAL MEMBERS

Anyone requesting information from the Caddo Nation Tribal Enrollment Office will need to send a written statement and a copy of a current picture identification card such as a driver's license, state issued I.D., etc. This includes requests for: Tribal roll number, Certified Degree of Indian Blood (CDIB), new or replacement membership cards, family tree information, hunting/fishing licenses, etc.

You may send your written request and copy of I.D. by mail, email or fax. Enrolled Caddo tribal members 18 years of age or older will have to make their own requests.

All requests must include: name, current address, telephone number, birthday and/or social security number and enrollment number (if known). A Request Form is available on page 11 of this newsletter.

Membership Cards and Hunting/

Fishing licenses must be picked up by the tribal member for whom it is issued, or if picked up by someone else, they must have a signed permission statement and copy of the tribal member's tribal identification.

Remember: you must provide the Enrollment Office with a copy of your Marriage License, Divorce Decree or Certified Court Order to legally change your name.

Please update your address, every time you move, so that we may contact you with important tribal information.

Money Order or Cashier's Check are the only acceptable forms of payment. No cash or personal checks.

We are not allowed to release information over the telephone.

If you have any questions, please feel free to contact the Enrollment Department at 405-656-2344.

IN THE NEWS

TRIBAL MEMBERS SHOW THEIR TOUGHNESS

It's not everyday that you hear about female athletes in any arena, but these sisters are a couple of tough young women to contend with. Cheyenne Sullivan and Kaylynn Smith, Caddo tribal members, come from military and law enforcement parents, Louise and Justin Smith, so they know what it takes to have discipline, strength, and just straight out toughness.

On August 25th, Cheyenne participated in the First Annual S7 Grappling Tournament held in Oklahoma City, OK. Cheyenne Placed 3rd in her weight class, a great accomplishment for her and her team, Team Warpath.

On September 19th, both Cheyenne and Kaylynn, along with other members of Team Warpath, headed back to the Cox Convention Center for the North American Grappling Association (NAGA) Grappling Tournament. Both were able to do very well with Kaylynn receiving two silver 2nd Place medals and Cheyenne receiving one silver 2nd Place medal and a 1st Place Samurai Sword.

Cheyenne and Kaylynn have been training since April for these events. They train with her dad and other coach, Kenneth Chavez, at the Hard Road Gym in Carnegie, OK. They are members of Team Warpath and look forward to representing not only their

team but their strong native bloodline in future grappling events.

For those who are not familiar with the term "grappling", it is the act of engaging in close hand-to-hand combat, and refers to the techniques and maneuvers used to be able to gain physical control, similar to wrestling.

For those interested in these great events, and/or training to grapple, please contact Justin Smith at team-warpath45@yahoo.com or on Twitter: @warpath45.

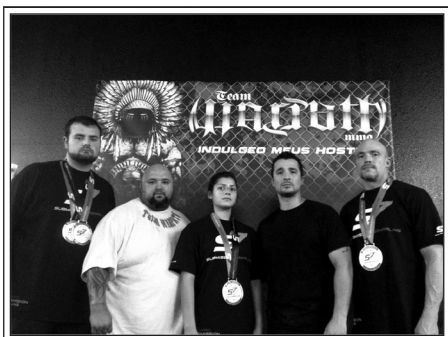


Cheyenne Sullivan and Kaylynn Smith showing the medals they won at the NAGA Tournament.

CADDO NATION ELECTION BOARD



Pictured from l to r: Marie Nestell (member), Wildena Moffer (member), Charlotte Bentley (member), Jennifer Wilson (Secretary), and Guyneth Cardwell (Chairman).



Pictured for Team Warpath, l-r: Nathan Perkins, Justin Smith, Cheyenne Sullivan, Kenneth Chavez, and Matt Barnes.

NEWS ALERT!

The Caddo Nation Indian Child Welfare (ICW) Program is seeking those interested in being foster parents for our Caddo children. There is a growing need and concern in placing our Caddo children in placements that respect the culture and heritage of the Caddo Nation. The ratio in placing our Caddo children with non-tribal or Indian is high! If you are interested, please contact Mary Prentiss at (405) 656-9231 or come by the tribal headquarters, located at the junction of Hwys. 152 and 281 - 5 miles east of Binger, OK, and fill out an application so we can get started in assuring our children are in the best of care.

IN THE NEWS

LONGEST SERVING CADDO NATION EMPLOYEE



Bonnie Stephenson, Caddo Nation Community Health Director

Bonnie Stephenson began her career with the Caddo Nation in 1994, but her work with the Native American community began in 1966 as an Education Technician with the Ft. Sill Indian School in Lawton, OK. She went on to work with the Anadarko ISD, Chilocco Indian School and Riverside Indian School. Bonnie is Caddo/Delaware and in 1971 was honored to begin working for the Delaware Nation as the Tribal Administrator. Her duties included overall responsibility of directing and coordinating administrative management and fiscal management of all tribal programs. She held that position for 22 years.

Upon leaving the Delaware Nation, she turned to the other side of her blood and started her tenure at the Caddo Nation as the Director of Community Health/EMS Programs, where she oversees the Special Diabetes Program and Health Assistance Program.

Chairman Edwards states, "In her capacity of advocate and facilitator for individuals and families for comprehensive health care services on behalf of the Caddo Nation, Bonnie has always demonstrated a high level of commitment and professionalism to her job. She has earned an outstanding reputation in the Indian Health care community and consistently represents the Caddo Nation in a positive

and professional manner."

Bonnie has spent a lifetime serving Native American people while raising her family. She has one son and one daughter. Her biggest joy is spending time with her four grandchildren, but

she does enjoy shopping and a trip to the casino!

Thank you, Bonnie, for eighteen years of excellent service to the Caddo people.



NIEA2012

43RD ANNUAL CONVENTION AND TRADE SHOW
MAINTAINING
TRADITIONS
IN A DIGITAL ERA

NIEA2012 Comes To Oklahoma City

**The 43rd annual convention will be held
October 18-21 in beautiful Oklahoma City, OK,
at the Cox Convention Center.**

The event will bring more than 3,000 Native educators, advocates, researchers, school officials, and Tribal leaders together to discuss how to improve the quality of education for Native students. At the heart of the discussions is the theme Maintaining Traditions in a Digital Era. In the age of Android, Blackboard, and Khan Academy, everyone working with Native students needs to understand how to use blended learning techniques, utilize the engagement of technology in making instruction relevant to today's students, and work in an age in which iPads are replacing textbooks.

This year's Convention will feature more than 100 workshops on everything from online and digital learning, to how to bring culturally based education and language immersion courses to Native students in urban communities. There will also be a three-day College Summit that will focus on preparing students for success outside of higher education, and a new three-day Youth Conference for K-12 students. NIEA will also convene the nation's American Indian and other Native leaders at its annual Tribal Leaders Summit.

ABOUT NATIONAL INDIAN EDUCATION ASSOCIATION

The premier organization advocating for educational excellence, opportunity and equity for American Indian, Alaska Native, and Native Hawaiian students, the mission of the National Indian Education Association (NIEA) is to support traditional Native cultures and values; to enable Native learners to become contributing members of their communities; to promote Native control of educational institutions; and to improve educational opportunities and resources for American Indians, Alaska Natives and Native Hawaiians throughout the United States. Learn more at www.NIEA.org.



IN THE NEWS

Culture Club

(continued from pg. 3)

Gourd dance, powwow and Caddo social dances were held throughout the evening. A special honor dance was held for the Caddo tribal elders, with the money donated going towards their activities which includes trips to events in Oklahoma, and the National Indian Council on Aging (NICOA) Conference held in Albuquerque, NM this year.



Pictured l-r: James Kionute, Mrs. Carol Hampton, who was gracious enough to invite the Caddo Culture Club to St. Paul's Episcopal Church's Annual "Feast of St. David Oakerhater", Travis Threlkeld and Michael Meeks.



The Caddo Culture Club was invited to perform on Labor Day Sunday for the St. Paul's Episcopal Church's Annual "Feast of St. David Oakerhater" worship service. Pictured above are Michael Meeks, James Kionute and Travis Threlkeld.



The Caddo Culture Club was invited to perform at a Diversity Luncheon for Navy officials at Tinker Air Force Base-Federal Communications Wing 1. The Culture Club was the only Native American group to perform at the luncheon. (Photo courtesy of Phil Cross)

Caddo Nation Special Diabetes Program

Now offers assistance to all enrolled Caddo members nationwide with Diabetes supplies including glucometers, blood sugar testing supplies and insulin syringes.

– Program eligibility requires –

- Be and enrolled Caddo member
- Be diagnosed with Diabetes

For more information, contact Carol Wheeler at (405) 656-2882 or cwheeler@caddonation.org, or visit the tribal website

at www.caddonation-nsn.gov to download an application.

1ST ANNUAL CADDO PITFIRE SATURDAY, NOVEMBER 03, 2012

Begins at 12 noon at the Old Community Building
on the Caddo Nation Tribal Headquarters Complex
Presented by Chase Kahwinhut Earles

COME JOIN US! EVERYONE WELCOME!!

You may also bring a pot to fire
in the traditional Caddo way*
and learn about the legacy and history
of the Caddoes beautiful pottery.

First thirty (30) Adult tribal member participants
will receive Caddo pottery books.

*Please contact Chase at (580) 235-6046
about the viability of your clay in the open pit fire.

Sponsored by the Caddo Nation Adult Education Program.

IN THE NEWS

CADDO NATION DIVISION OF HOUSING

The Caddo Nation Division of Housing (CNDH) programs are intended to offer assistance to as many Caddo tribal members as possible. Our funds are in the form of grants from the U.S. Department of Housing and Urban Development (HUD) under the Native American Housing and Self Determination Act of 1996 (NAHASDA). NAHASDA's operating statute is "To provide Federal assistance for Indian tribes in a manner that recognizes the right of tribal self-governance..." This allows the CNDH Board to set the rules for how the programs are designed and what the programs can do. However, since our funding is from a federal source there are rules that we must operate under, that is why all CNDH programs are currently offered only to those individuals that meet federal low income limits. For 2012 those limits are:

1	2	3	4	5	6	7	8
\$36,400	\$41,600	\$46,800	\$52,000	\$56,150	\$60,300	\$64,500	\$68,650

The CNDH is proud of the programs that are offered. CNDH programs are designed to address the needs of Caddo tribal members in a variety of settings. The CNDH offers both elderly and family rental programs, an affordable homeownership and down payment assistance programs designed to assist first time homebuyers, and two rehabilitation programs for established homeowners and the Emergency Housing Assistance Program for unexpected emergencies.

The CNDH is pleased to announce the re-opening of Halfmoon Circle. This housing addition is designated for affordable family rental units. We have recently completed renovations on 6 of the 3 and 4 bedroom homes in Halfmoon Circle. We are accepting applications at this time. We have plans to complete renovations on 8 more Halfmoon Circle homes. We currently have 5 families residing in this addition. The Regency Oak Elder rental apartments in Anadarko are nearing capacity. We are currently accepting applications for the waiting list. The Affordable Home Ownership Program is full and we have a waiting list. We are accepting applications for the Down Payment Assistance Program. The Major and Minor Home Rehab Programs are working through the waiting lists. Twelve projects have been completed in the past year. These projects are closely supervised, only 2 to 3 projects are ongoing at any time. We continue to accept applications for the waiting lists.

Please come by or call for more details on all of our programs. Our office hours are 8am to 4:30pm, Monday – Friday at 21 Halfmoon Circle, Gracemont, OK, phone #: (405) 966-2203.



The Special Diabetes Program will be offering aerobics classes starting in October at the tribal complex. They will be held on Mondays

and Wednesdays from 4:30 to 5:30pm at the Cultural Building. Also, we will be having USDA cooking demonstrations with Nutrition Education, Joyce Richey with the OSU extension office, as well as healthy cooking classes with

Stefanie McLain, Nutritionist with the Anadarko Indian Health Center. For more information contact Carol Wheeler at (405) 656-2882 or cwheeler@caddonation.org.

West Nile virus is a risk you can do something about.

West Nile virus is now in most of the United States. The most important way people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by avoiding mosquito bites.

Weatherization Assistance Program

Homes with Elder residents will be given first priority

Energy efficiency measures performed through the program include weather-stripping, caulking, heating/coolingsystem improvements or replacement, efficiency improvements in lighting, hot water tank and pipe insulation.

Eligibility Guidelines for this program are:

- Caddo tribal member • Household income must not exceed 110% of the Federal Poverty Guideline
- Must be responsible either totally or in part for the cost of home energy • Home must be located within the service area

For more information, contact Linda Littlechief at (405) 656-9230, via email at llittlechief@caddonation.org, or visit the tribal website to download an application at www.caddonation-nsn.gov.

PROGRAM UPDATES

TRIBAL TAG OFFICE

The Caddo Nation Tag Office has tribal vanity plates for sale. They are \$10.00 each and payment must be in the form of a Money Order or Cashier's Check.

Also, the Tag Office would like to request that all mail being sent to our office be addressed to the Caddo Nation Tag Office, and not to the Tax Commission Office. This will ensure that your documents are forwarded to the correct office for processing.

The Caddo Nation Tag Office is open Monday-Friday, 8:00am-4:00pm.

For more information, contact Sonnie Allen at (405) 656-2344.



**Daylight Saving Time
(United States) ends
Sunday, November 4,
2012, 2:00am. (Except
Arizona and Hawaii)
Be sure to move the
time on the clock
back 1 hour!**

Fight the flu

- Protect yourself, protect others—get a flu vaccine every year.
- Prevent the spread of germs—cover coughs and sneezes.

To learn more, visit www.cdc.gov/flu



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

CS23082-C

West Nile virus is a risk you can do something about.

West Nile virus is now in most of the United States.

The most important way people become infected is through the bite of an infected mosquito. You can reduce your chance of getting infected by avoiding mosquito bites.



Adults are at highest risk.

People over age 50 and people who have ever received a solid organ transplant are more likely to develop serious symptoms of West Nile virus if they do get sick and should take special care to avoid mosquito bites.

What happens if I get infected?

A small number of people (about 1 in 150) who get infected with West Nile virus develop severe disease, called West Nile encephalitis or West Nile meningitis (inflammation of the brain or the area around the brain). Symptoms of severe illness include headache, high fever, stiff neck, mental confusion, muscle weakness, tremors (shaking), convulsions, coma, and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. **See your health care provider** if you develop these symptoms.

Some people who become infected have symptoms such as fever, headache, body aches, nausea, vomiting, swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for a few days to several weeks. **Call your health care provider** if you have questions about your symptoms.

Most people who get infected with West Nile virus do not have any symptoms. There is no specific treatment for West Nile virus infection. There is no vaccine available for people.

for more information
www.cdc.gov/westnile
800-CDC-INFO (232-4636)
in English, en Español



Department of Health and Human Services
Centers for Disease Control and Prevention



Three steps you can take to reduce your risk...

Avoid mosquito bites!

Apply insect repellent on exposed skin and clothing when you go outdoors. Use an EPA-registered insect repellent such as those containing DEET, picaridin or oil of lemon eucalyptus.

Permethrin sprayed on clothing provides protection through several washes. Products with a higher percentage of DEET as active ingredient generally give longer protection. **Don't spray repellent on skin under clothing. Don't use permethrin on skin.**

For details on when and how to apply repellent, see www.cdc.gov/westnile, and look for **Insect Repellent Use and Safety** in the Questions and Answers pages.

Cover up! Wearing long sleeve shirts, long pants and socks sprayed with repellent while outdoors can further help prevent mosquito bites.

Avoid mosquitoes! Many mosquitoes bite between dusk and dawn. Limit time outdoors during these hours, or be especially sure to use repellents and protective clothing.

Mosquito-proof your home!

Screens: Keep mosquitoes outside by fixing or installing window and door screens.

Drain standing water. Don't give mosquitoes a place to breed. A small amount of standing water can be enough for a mosquito to lay her eggs.

Look around every week for possible mosquito breeding places. Empty water from

buckets, cans, pool covers, flower pots and other items. Throw away or cover up stored tires and other items that aren't being used. Clean pet water bowls weekly. Check if rain gutters are clogged. If you store water outside or have a well, make sure it's covered up. Encourage your neighbors to do the same.



Help your community!

Dead birds help health departments track West Nile virus. **Check with your local or state health department** to find out their policy for reporting dead birds.

IN THE NEWS

TRIBAL SECURITY

Greetings to all: We hope this time of the year is getting everyone excited for the holidays. Believe it or not, we are just 2-1/2 months away from Christmas. As for the Caddo Nation Security Department, we have been busy with a lot of training.

In July, we were able to get training in the PR-24, ASP, batons and advanced escort tactics all very beneficial to what we do here for the Caddo Nation.

On July 19, the Caddo Nation Security Department partnered with the instructors from the Cedar and Sage Martial Arts School and provided a Basic Self-defense Class 101 for all of the Headstart Staff. This was the 2nd time we have done this and it was a great class. All who were able to participate really gained some valuable knowledge for protecting themselves and being more aware of situations at work. I look forward to next year's class.

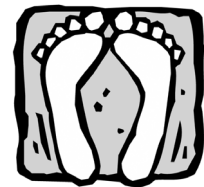
In August, we were able to get some training with the Oklahoma

State Bureau of Investigation and the Anadarko Police Department. We received training in CPR and First Aid through the American Heart Association provided through the Indian Health Service and the Caddo Nation Injury Prevention Program.

These different types of training will enable the Caddo Nation Security Department to be better equipped to respond to medical emergencies. In the future, the Security Department looks to become First Responder Certified to assist the Caddo Nation and our community.

As we get into the fall and winter seasons, please remember that with this great time of year comes the severe weather. Ice, snow, extreme cold temps are just a part of Oklahoma weather we all endure. Please make sure your cars have been checked for the winter driving. Make sure you have extra blankets, clothing, food and water in your trunk in case you get stranded. If you're going out in the bad weather, take extra time and let

someone know where you are going. Layer your clothing when outside and make sure if you work outside, dress appropriately, take plenty of breaks and stay hydrated. Becoming dehydrated in the winter happens more often than people think. Make sure to winterize your house and get your propane tanks filled prior to bad weather coming in. Please remember to check on loved ones who live alone and in the country areas. Make sure to stock up on salt to put on your sidewalks and driveways. We wish everyone the best for the holiday season and be safe.



**IF YOU ARE
DIABETIC,
HAVE REGULAR
FOOT EXAMS!**

In September, the Community Health Programs provided training to check blood pressure, heart rates and blood sugar diagnostic tests.

Those in attendance were Justin Smith-Head of Security, Jimmy Smith-Security Officer, Toni Short-Injury Prevention Coordinator, and Sonnie Allen-Tag Office. Shirley Burris, RN, CDE provided the training.



**OFFICIAL FORM
CADDO NATION GENERAL ELECTION BOARD
P.O. BOX 304
BINGER, OK 73009
VOTER REGISTRATION**

PLEASE PRINT

NAME: _____ PHONE #: () _____

MAIDEN NAME: _____ DATE OF BIRTH _____

MAILING ADDRESS: _____

CITY: _____ STATE: _____ ROLL #: _____

(PLEASE CHECK AT LEAST ONE OF THE FOLLOWING)

_____ I GIVE THE CADDO NATION GENERAL ELECTION BOARD PERMISSION TO RELEASE MY INFORMATION (NAME, ADDRESS, TELEPHONE #) TO THE CADDO NATION OFFICE FOR THE PURPOSE OF RECEIVING MY CADDO NATION NEWSLETTER OR OTHER CORRESPONDENCE.

_____ NEW VOTER-I HAVE NEVER REGISTERED TO VOTE.

_____ NEW CARD-I AM A GENERAL VOTER OF CADDO NATION AND WOULD LIKE A NEW VOTER'S ID CARD.

_____ I AM UPDATING YOUR FILES WITH CURRENT INFORMATION. (CHANGE OF NAME, PHONE #, ADDRESS) *PLEASE INCLUDE ALL NAMES YOU HAVE BEEN IDENTIFIED BY*

_____ I AM REQUESTING AN ABSENTEE BALLOT TO VOTE BECAUSE OF THE FOLLOWING: *(PLEASE CHECK ONE)*

_____ TEMPORARY ABSENTEE VOTER-I AM A QUALIFIED REGISTERED VOTER AND WILL NOT BE ABLE TO VOTE IN MY DISTRICT ON THE DAY OF THE NEXT GENERAL ELECTION (DUE TO ILLNESS, TRAVEL, ETC.)

_____ PERMANENT ABSENTEE VOTER-I AM A QUALIFIED REGISTERED VOTER AND REQUEST TO BECOME A PERMANENT ABSENTEE VOTER BECAUSE I AM 65 YEARS OF AGE OR OLDER, OR HAVE INFIRMITIES WHICH MAKE IT DIFFICULT FOR ME TO VOTE IN PERSON AT THE POLLING PLACE IN MY DISTRICT.

_____ NON-RESIDENT STATUS-I AM REGISTERED VOTER WHO RESIDES MORE THAN THIRTY FIVE (35) MILES FROM THE NEAREST POLLING PLACE (QUALIFIES PERMANENT ABSENTEE VOTER)

AS AN ENROLLED MEMBER OF THE CADDO NATION OF OKLAHOMA, I DO HEREBY REQUEST THAT MY NAME BE ADDED TO THE REGISTER OF QUALIFIED VOTERS AND/OR THAT I MAY RECEIVE AN ABSENTEE BALLOT. I UNDERSTAND THAT I WILL BE ELIGIBLE TO VOTE DURING THE CADDO NATION ELECTIONS, BOTH GENERAL AND REFERENDUM, ACCORDING TO MY CONSCIENCE, CONCERNING ISSUES AND ELECTION OF THE TRIBAL OFFICIALS.

SIGNATURE: _____ DATE: _____

THIS REGISTRANT HAS MET THE REQUIREMENTS AS A QUALIFIED VOTER OF THE CADDO NATION OF OKLAHOMA.

SIGNATURE OF THE CADDO NATION ELECTION BOARD REGISTRAR

Caddo Nation Tribal Enrollment Change of Address Form

(PLEASE PRINT CLEARLY)

First Name Middle Name Maiden/Last Name Roll #: _____

DOB: _____ SS#: _____ Phone: _____

☐ HOME
☐ MOBILE
☐ MESSAGE

Previous Address: _____ New Address: _____

County: _____ County: _____

Please list any minor children in your household to update their address also:
(ALL PERSONS 18 YEARS OF AGE AND OLDER MUST COMPLETE AND SIGN THEIR OWN REQUESTS)

Child's Name	Date of Birth	Relationship
_____	_____	_____
Child's Name	Date of Birth	Relationship
_____	_____	_____
Child's Name	Date of Birth	Relationship
_____	_____	_____
Child's Name	Date of Birth	Relationship
_____	_____	_____

Can we forward your new address with other Caddo Tribal Programs? ☐ Yes ☐ No

If yes, which programs? ☐ Tribal Newsletter ☐ Tribal Election Board ☐ Other Tribal Program: _____

Signature: _____ Date: _____

A COPY OF YOUR PHOTO ID MUST BE SUBMITTED WITH THIS REQUEST FOR VERIFICATION.

For Office Use Only

Date of Change: _____ Staff Initials: _____

Please mail completed request form along with your photo I.D. to:
Caddo Nation Tribal Enrollment Department
P.O. Box 487
Binger, OK 73009

Caddo Nation Tribal Enrollment Request Form

Item(s) Requested: (PLEASE CHECK ALL THAT APPLY)

- ☐ Certified Degree of Indian Blood(CDIB)-PaperFREE
- ☐ Membership Card-Paper.....\$5.00
- ☐ Membership Card w/photo-Plastic.....1st Card FREE
•Replacement Card w/photo.....\$10.00
- ☐ Okla. Tribal I.D. Card w/photo-Plastic.....\$10.00
•Must reside within the state of Oklahoma
•First card free to tribal elders 60 and over
- ☐ Hunting/Fishing LicenseFREE
•Valid in Oklahoma Only
•Valid on Wichita, Caddo, Delaware(WCD)
Tribal Lands w/Permission Only
- ☐ Transport Letter\$5.00

**Payable by
Cashier's Check or
Money Order Only**

**Please make payable to:
Caddo Nation Enrollment**

**Cash, Personal Checks
Not Accepted**

(PLEASE PRINT CLEARLY)

Name of person making request: _____

Name of Tribal member: _____
Last First MI (Maiden name)

Current Mailing Address: _____
Street No./Route/PO Box City County State Zip

Current Physical Address: _____
Street No./Route/PO Box City County State Zip

SSN: _____ DOB: _____ Caddo Membership No: _____

Home Phone No. _____ Cell Phone No. _____ E-mail (optional) _____

Would you like for us to share your current information with other tribal programs? ☐ Yes ☐ No

If yes, which programs? ☐ Tribal Newsletter ☐ Election Board ☐ Other: _____

Signature (Parent/Guardian sign if tribal member is under the age of 18 years)

Date

—ALL PERSONS 18 YEARS OF AGE AND OLDER MUST COMPLETE AND SIGN THEIR OWN REQUESTS—

Copy of a current picture identification card (driver's license, state issued I.D., tribal membership card, etc.) is required to be submitted with this request form.

For placement of your signature on your Membership card w/ photo, please sign in the white box below. **Black ink is required.** (A fine point black Sharpie works best)

A color photo that clearly shows your face and shoulders will need to be submitted. (Passport photos work best)

Please mail completed request form along with your photo and a copy of your I.D. to:

**Caddo Nation Tribal Enrollment Department
P.O. Box 487
Binger, OK 73009**

Photos will be returned upon request.

—RECURRING EVENTS—

Mondays & Wednesdays @ 4:30pm-5:30pm
Aerobics Exercise Class

Wednesdays @ 6:30pm
Hasinai Society Meetings

1st & 3rd Thursdays of the month @ 7:00pm
Culture Club Meetings
and Shuwi ti ti drumgroup practice

—UPCOMING EVENTS—

Nov. 3 • Begins @ noon

1st Annual Caddo Pitfire

@ the Tribal Headquarters Complex

For more info., contact Chase Earles @ (580) 235-6046.

[A Traditional Meal Demonstration will take place in conjunction w/the Pitfire. Meal To be served after the Pitfire.]

EVERYONE IS WELCOME TO ATTEND THESE EVENTS!

***If you have any information to add to this list,
or have an upcoming event you would like listed, please
contact the Caddo Nation Newsletter
at the information listed to the right.
THANK YOU!***

The *Caddo Nation Newsletter* is the official publication of the Caddo Nation. Its purpose is to maintain information to and from Tribal membership which is available at no charge upon request. Any information regarding news of interest must be signed before being considered for publication. We reserved the right to edit any material for space, style, and grammar. If you know of any tribal members who would like to receive a newsletter, please contact:

Caddo Nation Newsletter
P.O. Box 487
Binger, OK 73009
Telephone: 405-656-2344
Fax: 405-656-2892

Caddo Nation Newsletter

P. O. Box 487

Binger OK 73009-0487

Phone: 405-656-2344

Fax: 405-656-2892

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BINGER, OK
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